

# FRANCO'S

2116 magazine street, new orleans, 70130 • 504.218.4637 • francosmagazinst.com

EXP = Half Hour Class

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Morning</b>						
6:00A Body pump 6:15A Cycle 8:00A Boot Camp 9:00A Body Pump <b>11:30A Power 30</b>	5:30A Cycle <b>6:30A Power 30</b> 6:30A Gentle Yoga <b>9:00A Spin Express</b> 9:45A TRX	<b>5:30A Power 30</b> <b>6:00A Body Pump Exp</b> 6:15A Cycle 6:30A CX WORX 8:00A Barre 9:00A Body Pump <b>11:30A Power 30</b>	5:30A Cycle <b>6:30A Power 30</b> 6:30A Gentle Yoga <b>9:00A Spin Express</b> 9:45A TRX	6:00A Boot Camp 6:30A CX WORX 7:15A <b>Spin Express</b> 8:00A Yoga Sculpt 8:00A Boot Camp <b>11:00A Roll &amp; Release</b> <b>11:30A Power 30</b>	8:00A Level I & II Yoga 8:30A Cycle 9:15A Ballet Barre <b>10:00A Power 30</b> 10:00A Body Combat 10:30A Power Yoga 11:00A Body Pump	9:15A Body Pump <b>9:30A Sprint</b> 10:30A Body Flow
12:00P Power Yoga	<b>12:00P Body Pump Exp</b>	12:00P Power Yoga	<b>12:00P Body Pump Exp</b>	12:00P Power Yoga	12:00P Boot Camp	
<b>Afternoon</b>						
<b>5:15P Power 30</b> 6:00P CX WORX 6:00P Cycle 6:30P Body Combat 7:00P Multi-Level Vinyasa Yoga	<b>4:30P Power 30</b> <b>5:30P Power 30</b> 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	<b>5:15P Power 30</b> 5:30P Yoga/Barre Fusion 6:00P CX WORX 6:00P Boot Camp 6:30P STRONG by zumba 7:00P Yoga Sculpt	<b>4:30P Power 30</b> <b>5:30P Power 30</b> 5:30P Barre 6:05P Power Cycle 6:15P Body Pump 6:45P Multi Level Vinyasa Yoga 7:00P TRX	<b>5:00P Happy Hour at Franco's</b> 5:30P CX WORX <b>6:00P Sprint</b>		4:30P Multi Level Vinyasa Yoga
					<b>FEBRUARY 2019</b>	
					<b>Monday-Thursday: 4:45am-10pm</b> <b>Friday: 4:45am-8pm</b> <b>Saturday: 7am-7pm</b> <b>Sunday: 9am-6pm</b>	
Please refer to MindBody APP for class descriptions, instructors, and to reserve your spot!						